



## What is National Women's Health Week?



**National Women's Health Week** is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week also

serves as a time to help women understand what steps

they can take to improve their health. The 16th annual National Women's Health Week kicks off on Mother's Day, May 10, and is celebrated until May 16, 2015.

### What steps can I take for better health?

To improve your physical and mental health, you can:

- Visit a doctor or nurse to receive regular checkups and preventive screenings.
- Get active.

- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

### How can I participate in National Women's Health Week?

The Office on Women's Health invites women across the country to:

- Spread the word through social media. Use the **#NWHW** hashtag.
- Join the National Women's Health Week Thunderclap.
- Take the National Women's Health Week pledge.
- Organize events or activities.
- Learn what steps you should take for good health based on your age.
- Share National Women's Health Week infocards with your friends, family, and coworkers.

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Visit [womenshealth.gov/nwhw](http://womenshealth.gov/nwhw) for all these resources and more on how you can participate.